

Not Deciding Alone:

A story about how to have your say in your health decisions

Sarah's Story

IN AN OTTAWA HOSPITAL WAITING ROOM

1 It's been 6 months now of back and forth between Ottawa and Iqaluit for my breast cancer treatment. I'm worried about leaving my family so often.

Hopefully the doctor will have good news. Maybe they can find you treatment closer to home?

AT THE ONCOLOGIST

2 ..I can't wait to share the news about my treatment progress with my family. I miss them so much, I miss home...

You know, there are new options opening up in Iqaluit for cancer treatment. Let me find out if it's an option for you.

AT A FOLLOW-UP VISIT

3 If you want, it is an option to continue your treatment closer to home in Iqaluit. It is a new type of treatment, only for breast cancer, and it's safe and effective.

Thank you. Let me read the information with a medical interpreter before I make a decision.

LATER THAT DAY IN THE OTTAWA INDIGENOUS CANCER CENTRE

4 ...so you can choose to continue your care here in Ottawa, or you can do the next round of treatment in Iqaluit.

Qujannamiik (thank you). I've never heard of anyone receiving cancer care in Iqaluit. I'm a bit nervous. I better discuss this with my family.

ON THE PHONE WITH HER FAMILY

5 ...That is great news Sarah! If you are closer to home we can provide you with support during your treatment.

LATER WITH HER ONCOLOGIST

6 Let's do it! I would like to complete my next round of treatment in Iqaluit.

I support this decision Sarah. Let me draft up the paperwork and you can go back home.

AT HOME WITH HER FAMILY

7 And finally we can be here for you!

We're so glad to have you back.

I'm proud of myself for telling the doctor what is important to me. Nothing gives me more comfort than to be home with you.



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To learn more visit:
www.notdecidingalone.com



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